

**FAMILY
GROUP
RECORD**

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[illegible]

Dr. Frank Jay Bardole

Our beloved husband, father, brother and grandfather, Dr. Frank Jay Bardole, retired to his father in heaven, Friday, November 21, 1986. His sudden death was due to his deep concern and care for others.

Born in Yerlinton, Nevada to John Stewart Bardole and Maude Eliza.

John Stewart Bardole on April 5, 1922. He graduated from South High School where he was known as a star football player. He enjoyed playing the trombone in the U.S. Navy, where he served his country from August 28, 1942 to the end of the war on the aircraft carrier's USS. Monterey and the USS San Jacinto. Graduate of the Palmer College. He practiced as a chiropractor for 33 years until his death. He loved music, hunting, riding in the mountains and his specialty of his family and friends. He deeply loved and cared for all his patients. They were his second family. Married to Irene DeHoon, later divorced.

Survived by his wife, Kathleen O'Sullivan Bardole, and girls, Elaine and Lisa; his daughters, Bonnie Lamson, Sacramento, Calif.; Frankie Tucker, Seneca, Utah; Fred Lamson, sons, Michael Frank and Richard, all of Heber, Utah; 10 grandchildren; his sister, Mae Bardole, Pinedale; brother, Jim Bardole, Pinedale; in death by his sister, Mickie Sorenson. He will be sorely missed by all of us.

Funeral services will be Tuesday, 1 p.m. at the Larkin Sunset Gardens Chapel, 10600 South 1700 East, where friends may call Monday 7-9 p.m. and Tuesday one hour prior to services. Interment Larkin Sunset Gardens.

T 11/23 N3 11/24

HUSBAND

Born _____ Place _____
Chr. _____ Place _____
Marr. _____ Place _____
Died _____ Place _____
Bur. _____ Place _____

HUSBAND'S FATHER

HUSBAND'S
OTHER WIVES

WIFE

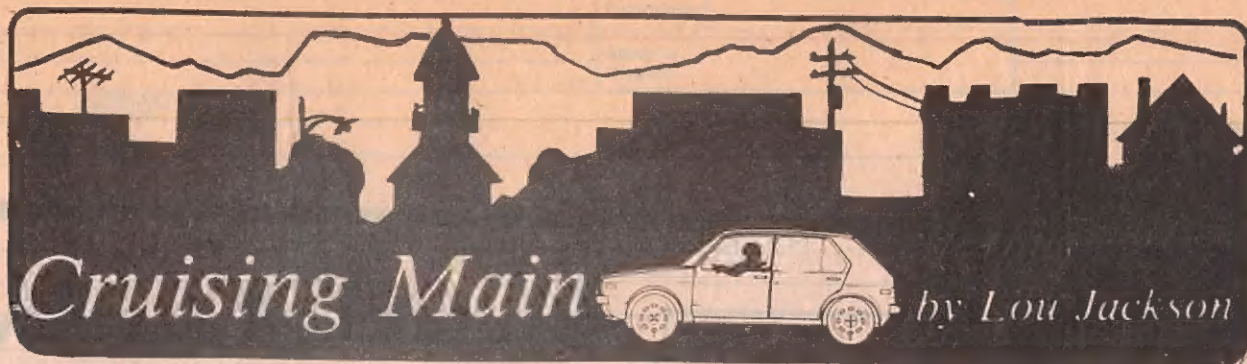
Born _____ Place _____
Chr. _____ Place _____
Died _____ Place _____
Bur. _____ Place _____
WIFE'S FATHER

WIFE'S OTHER
HUSBANDS

SEX M F	CHILDREN List each child (whether living or dead) in order of birth Given Names SURNAME	WHEN	
		DAY	MON
1			
2			
3			
4			
5			
6			
7	Her started in Heber		
8	June 1982 & practiced		
9	in Dr W Scott Danley's		
10	Office.		
11			

SOURCES OF INFORMATION

10A Wasatch Wave Heber City, UT 84032 Thursday, June 3, 1982



Almost anything can make the back act up. A sneeze. A turn. A bend. A strain. Backaches bother young and old, both sexes, in all occupations, and bring to sudden stops all activities. Only the person experiencing the attack knows its devastating effect.

According to one study, an estimated 93 million workdays are lost annually because of back problems. We spend five billion dollars a year for tests and care for aching backs. Billions are paid out in claims, benefits, and lawsuit settlements.

When one has a back problem, he wants immediate, if not sooner, relief. How to get that help depends on previous experience, but we are fortunate in Wasatch County to have several doctors whose specialties are the pain in the back.

Ernest S. Brigham has just recently open his office at 575 South 200 East. Since May 1, he has been sharing a building with Dr. Danley. Sterling Anderson, a local realtor, lead Dr. Brigham to the location. Here's the story.

Dr. Brigham was born in Los Angeles and grew up in the San Fernando Valley. He attended

schools there and graduated from the L.A. College of Chiropractic in December, 1981. He and Sheryl, his wife, were looking for a place to practice in Provo, but one day their car broke down in Coalville. While they were there they discovered the town needed someone with his skills, so he set up an office at 1046 Hoytsville Rd., Hoytsville, and moved to Midway. Since he works there Tuesdays, Thursdays, and Saturdays, or as needed, from 9 a.m. to 6 p.m., or as needed, he decided to also provide services locally. Thus, Sterling Anderson lead him to his present location where he will be found Mondays, Wednesdays, and Fridays, 9-6, or as needed. His phone numbers are 654-2634 and 336-5678.

Dr. Brigham is a young man with a sports background. He has been involved in football, track, and rowing. In this area he wants to become involved in cross country skiing - "one of the best activities for the whole body," he claims. Other activities that keep him fit are swimming and weight lifting.

Besides keeping himself physically fit, he plans to do post



Dr. Ernest Brigham

graduate work in Salt Lake City. Undergraduate work included physical therapy, but his major activities involve orthopedic patients, pediatric work, postural annalysis, and helping people be responsible for their own health. Proper exercise, diet, and attitudes could help people prevent problems. But, when the problems are there, so will he be.

Published do's and don'ts for

back care include: improper sitting can be one of the worst things for the back. Use a chair that gives firm support, get up now and then, stretch and walk around. After an hour of driving, walk for a few minutes.

Use your legs when lifting. Don't bend from the waist, but keep your back straight. Good sleep posture can help avoid problems. Use a firm mattress, lie on your side, and bend your knees. Don't lie on the belly.

Shift weight from one foot to the other while you stand. Avoid high heels.

Keep shoulder bags and attache' cases light and shift them from side to side to avoid lopsided pressure.

Stand up straight. Keep head high and abdomen pulled in. Do low-back exercises to prevent problems, and lose excess weight.

If these hints are not enough and you need expert advice, you know that Dr. Brigham has been trained to serve. He just might have the answer you need.



DR. ERNEST S. BRIGHAM

Chiropractic Physician

ARE YOU HAVING PROBLEMS WITH:

- | | |
|------------------|---------------------------|
| 1) Low Back Pain | 5) Menstrual Discomfort |
| 2) Headaches | 6) Nervousness |
| 3) Fatigue | 7) Pain in Arms and Hands |
| 4) Sciatica | 8) Leg Pain |

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and Sports Injuries*

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Sat.

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- | | |
|--------------------------------|--|
| 1) Lower Back Pain | 7) Hip or Leg Pain |
| 2) Headaches, Dizziness | 8) Tiredness, Fatigue and Exhaustion |
| 3) Numbness in Fingers or Toes | 9) Shoulder, Elbow, Wrist or Hand Pain |
| 4) Pain between Shoulders | 10) Stomach Distress |
| 5) Upper or Mid-back Pain | 11) Menstrual Discomfort |
| 6) Nervous and Irritable | |

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Chiniquet

Dr DiGarmo

Came to doctor & lived here a
few months in the early 1920s
He came from St. Louis & then left
to St. Louis treated James Brown Cantile
as one of his patients & he got him
after a severe injury — from Dr. C. Kuhn

Dr. Duwayne Evans, Chiropractor
654-0821

Would like to talk to you about
leaving a room in your
office.

after Dr. Li Garro returned to
St. a Dr. Henderson, a small
man (chiropractor came on occasion
from Texas. His daughter Henderson
became a chiropractor and later married
Harvey.

Ref - Interview - Carl Carlisle Hume
8-7-89

Ken Hendrickson
186 E 500th Heber
634-4135
Lived here in Heber as
appliance Sales & Repair
man
Practiced Chiropractic
in

Jarvis To Present Scientific Paper



Kelly Jarvis

Dr. Kelly B. Jarvis, D.C. has been invited to present one of 40 scientific papers in Washington, DC on April 1 as part of a conference entitled, "International Conference on Spinal Manipulation." The invitation was extended by Mr. Steven Wolk, Ph.D., the director of FCER (Foundation for Chiropractic Education and Research), Arlington, VA.

Dr. Jarvis will present his research on "The Cost Per Case Analysis of Back Injury Cases Comparing Medical vs. Chiropractic Management."

At the multidisciplinary conference, other researchers will ad-

dress the topics of "Research and Low Back Pain," and other subjects concerning the spine and its related structures.

The purpose of the conference as expressed by Dr. Wolk, is: "...We want to assemble more case histories and research experiences in order to correlate problems, procedures and results..." (regarding spinal adjustment and its effective use.)

Dr. Jarvis's research will reveal, among other things, that one half of all Utahns select a chiropractor first when they injure their back, probably the highest utilization of chiropractic of any state in the nation.

The opening speaker at the event will be Dr. Murray Goldstein, Director of The National Institute of Neurological and Communicative Disorders and Stroke.

Spinal manipulative therapy is performed by chiropractic physicians, physiatrists, and orthopedic surgeons for the relief of various musculoskeletal conditions.

Dr. Jarvis and several colleagues manage the Non-surgical Low Back, Neck and Leg Pain Center in Salt Lake City. Dr. Jarvis is also a member of the Utah and American Chiropractic Associations.

Dr. Jarvis maintains a private practice in Heber City.

1-25-89